



Falafel



Recipe by Karina

Ingredients



- 1 can drained Chickpeas
 - 1 tsp. cumin
 - 4 cloves Garlic
 - 1 Green Onion
 - 1 tsp. salt
 - 1 tsp. Coriander
 - Juice of 2 Lemons
 - 1 cup Cilantro
 - 1/2 cup Parsley
 - 2 Tbsp. Olive Oil
 - 1/2 tsp. baking powder
- Yield: 4 servings
Serving Size: 2 Falafel



Directions



1. Drain and rinse canned chickpeas*. Roast chickpeas in a hot frying pan to remove some moisture.
2. During this time waiting for the chickpeas to roast, chop cilantro, parsley, green onion, and lemon
3. Add all ingredients to a bowl and mash together with a potato masher or fork until you are able to form balls.
4. Roll mixture into 8 ping pong sized balls
5. Put a small amount of olive oil in a frying pan and roll the balls around until they are browned.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Falafel



Recipe by Karina

Ingredients



- 1 can drained Chickpeas
 - 1 tsp. cumin
 - 4 cloves Garlic
 - 1 Green Onion
 - 1 tsp. salt
 - 1 tsp. Coriander
 - Juice of 2 Lemons
 - 1 cup Cilantro
 - 1/2 cup Parsley
 - 2 Tbsp. Olive Oil
 - 1/2 tsp. baking powder
- Yield: 4 servings
Serving Size: 2 Falafel



Directions



1. Drain and rinse canned chickpeas*. Roast chickpeas in a hot frying pan to remove some moisture.
2. During this time waiting for the chickpeas to roast, chop cilantro, parsley, green onion, and lemon
3. Add all ingredients to a bowl and mash together with a potato masher or fork until you are able to form balls.
4. Roll mixture into 8 ping pong sized balls
5. Put a small amount of olive oil in a frying pan and roll the balls around until they are browned on all sides.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips

* If you use dried chickpeas, soak overnight. It may not be necessary to roast them before smashing if they are still a little crunchy.

Nutrition Facts

4 servings per container	
Serving size	2 Falafel Balls
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 830mg	36%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 385mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips

* If you use dried chickpeas, soak overnight. It may not be necessary to roast them before smashing if they are still a little crunchy.

Nutrition Facts

4 servings per container	
Serving size	2 Falafel Balls
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 830mg	36%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 385mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.